

Bring Energy to Your Meetings

Physical Activity Breaks

Build an energy break or recess into your meetings by having it on the meeting agenda. This is not the same as a coffee, phone call or restroom break. Rather, it is a time built in to the meeting for some physical activity and interaction.

- Keen's Recess is Back: <http://www.keenfootwear.com/us/en/recess/>
- Stretch Breaks: <https://extranet.mmb.state.mn.us/workwell/presentations.htm>
 - Stretch Break (Word)
 - Stretching Presentation for AWCs (ppt)
 - Mn/DOT's Stretching Together Employee Programs (Mn/STEP): <https://extranet.mmb.state.mn.us/workwell/mnstep.htm>
- The Washington Post's *A workout at work?*: <http://www.washingtonpost.com/wp-srv/special/health/workout-at-work/>
- Where the H#*\$ is Matt: www.wherethehellismatt.com

Stand at meetings

At the beginning of the meeting, invite people to stand for all or part of the meeting. This is facilitated by you standing, to model the action (which can feel awkward to first timers) and if there are tall tables around the periphery so those who chose to stand have a surface for note taking.

Walking meetings

For your next small group meeting, suggest a walk. The articles below will insure it is a success.

- feet first Guide to Walking Meetings: <http://feetfirst.org/walks/walking-meetings>
- Center for Health Improvement: Walking Meetings Energize Body and Mind: <http://www.chipolicy.org/pdf/5678.Walking%20Final%20After%20Public%20HW.pdf>

